

Outer Thigh Lift with Ball



- Lie on your side on an exercise ball, placing your lower hand on the floor, and pressing the side of your lower foot on the floor for balance.
- Tighten your abdominal muscles and look directly forward to keep your spine in a straight line.
- Slowly raise your upper ankle toward the ceiling, keeping your leg straight and your toes forward.
- Under control, lower your top leg toward the floor, but don't let it rest at the bottom.
- Make sure you keep your hips facing forward throughout the exercise.

- To get the most out of your workout, try to find a weight/resistance level that allows you to do 1-3 sets of 8-12 repetitions

Disclaimer:

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.
